



# Sustaining Sobriety

Mount Kangchenjunga, India

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# Introduction

Addiction has become one of our society's most pressing problems and most tragic illnesses. Every year, it tears away at the heart of millions of families and creeps closer to thousands of people. What used to affect only those who could afford indulgence, now affects the world at large. The human soul yearns for love and acceptance and the mind often thinks we need to alter ourselves in order to achieve that.

As sensitive people, we have a very difficult time surviving the heartbreak prevalent in our world. In the midst of all the confusion and stress, often we turn to substance in order to numb our emotions. At the seat of all that affects the mind is something that is tearing at the heart.

Therefore, once deciding to recover, the ability to identify ones feelings is vitally important. We need a simple and direct way to re-discover ourselves. We are what we feel and getting to know ourselves is the only way to get to a healthy, serene life.

The first step is to “peel away the layers” that lie between the heart and the issue. We need to begin to recognize our own unique emotional spectrum. We must learn to look at our short comings with softer eyes and a gentler outlook. In order to do this, we need to transform dysfunctional patterns and replace them with intelligent and conscious decisions. Through this action, we source our true feelings and transmute our negative ones into positive ones.

This guide is created so that we may walk the path with a knowing heart, a fearless mind, a healthy body and a happy spirit. Congratulations to all who have had the courage and wherewithal to welcome sobriety.

# Staying Sober

We all want to feel good and yet often when looking for ways to accomplish this we find solutions that make us feel bad. We make momentary decisions for short term pleasures that lead us to a path of long lasting pain. We will always encounter problems from living in this world. Therefore, the most empowering thing we can do is develop the ability to deal with these problems in a constructive and intelligent way.

Being aware of our own good qualities is the first significant step to self-empowerment and a healthy sobriety. Most of the time we are not thinking of how wonderful we are. We tend to spend more time concentrating on our faults rather than our qualities; what is wrong with us instead of what is right. All of us dream of things being different, of manifesting more successes, such as having more joy, love and victories in our daily lives. The truth is these dreams are birthed from and dependent upon our ability to experience decisions that leave us feeling good about ourselves. When we live each day focusing on our good emotions, we end up feeling so much better. Our self-esteem rises and all of a sudden, we begin to know that, whether it happens or not, we deserve the very best of everything.

# Exercise 1

## Emotions

Feelings, when mismanaged, are the reason for most of the traumas in our individual and collective world. Our pain is caused from our wounds and is solved from our wellness. In order for us to transform our negative feelings, we must be able to name them so that we may tame them.

There is no shame in having negative, horrible feelings; it is what we do with them that counts. We need to use these feelings because they let us know when something is out of place. No one can escape the challenges of difficult emotions, therefore the sooner we train ourselves to deal with them, the better chance we have of manifesting the healthy, happy life we yearn for.

We are what we feel and we relate in the way we express. We need to have a better understanding of ourselves and our emotional triggers. We must remember that all of our mistakes are just an opportunity for us to grow. It is when we keep making the same mistake over and over again, that we must stop, listen and learn. From that knowledge and experience, we will transform what was previously our problem into our personal empowerment.

### Instructions

The purpose of this exercise is to empower positive emotions. As we empower these positive emotions, they empower us.

Go to each one from A-Z and make a list of how you were the opposite of the positive emotion. Then make a plan as to how you can or could have transformed this into the positive emotion. Take your time with this exercise as it really works.

# The A-Z of Positive Emotions

- Aware** – the opposite of aware is **asleep**
- Bold** – the opposite of bold is **cowardly**
- Compassionate** – the opposite of compassionate is **coldhearted**
- Determined** – the opposite of determined is **uncommitted**
- Energetic** – the opposite of energetic is **lethargic**
- Forgiving** – the opposite of forgiving is **resentful**
- Gentle** – the opposite of gentle is **harsh**
- Harmonious** – the opposite of harmonious is **contrary**
- Integral** – the opposite of integral is **deceptive**
- Joyful** – the opposite of joyful is **sad**
- Kind** – the opposite of kind is **cruel**
- Loving** – the opposite of loving is **hateful**
- Magical** – the opposite of magical is **limited**
- Nurturing** – the opposite of nurturing is **self-indulgent**
- Optimistic** – the opposite of optimistic is **pessimistic**
- Pure** – the opposite of pure is **corrupt**
- Quickened** – the opposite of quickened is **uninspired**
- Respectful** – the opposite of respectful is **humiliating**
- Sensitive** – the opposite of sensitive is **insensitive**
- Truthful** – the opposite of truthful is **dishonest**
- Understanding** – the opposite of understanding is **judgmental**
- Victorious** – the opposite of victorious is **defeated**
- Willing** – the opposite of willing is **controlling**
- Xcited** – the opposite of Xcited is **depressed**
- Yearning** – the opposite of yearning is **stagnant**
- Zestful** – the opposite of zestful is **apathetic**

## Exercise 2

### Mind

Intelligence is not what people think it is. It is not about being an A student or a mental wizard. It is not about our intellect. It is about grace, dignity and mindfulness. It is the ability to handle challenges without any drama. Our true power comes from our strength of mind, responding to things rather than reacting to them.

The following twelve statements are manifestation of our higher intelligence.

1. **Contemplation** – studying all aspects of the situation.
2. **Non-judgement** – not judging others, but rather assessing them wisely.
3. **Listening skills** – making certain we inquire and ask.
4. **Embracing errors** – seeing them as opportunities for growth.
5. **Honest to goodness truth** – speaking truth as a way to help not harm.
6. **No ego** – knowing when driven by ego, we go the wrong way.
7. **Allowing** – letting things unfold as they are meant to.
8. **Patience** – waiting calmly for the right timing of things.
9. **Perseverance** – not giving up until it is the time to give up.
10. **Comic relief** – knowing that those who laugh, last.
11. **Commitment** – knowing nothing can succeed without it.
12. **Discernment** – knowing what is good for us and what is not.

1. Which 5 statements are you good at?

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2. Which 5 statements do you struggle with? How can you improve this?

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# Exercise 3

## Body

Our body is the vehicle for our soul. Therefore, it is important that we take good care of it, as we would our car. Our body has a voice all of its own. When we are sick, it is trying to tell us something. We need to study our emotions, look to our spirit and then find the solution back to our health.

There are many options out there as to how to take care of our bodies. Diets, exercise programs, doctors, running and weight lifting. However, in this exercise, we look to understand more how our body speaks than how it works. It responds by being tired, hungry, thirsty, muscle fatigue, pain and then sickness.

1. When you get tired, do you pay attention and rest, if not why?

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2. When you get hungry, do you pay attention and eat, if not why?

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3. When you are thirsty, do you stop and get a beverage, if not why?

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4. Do you move your body during the day, cleaning, walking, exercise, gardening if not why?

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5. Do you have a good bed, if not why?

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6. Do you eat good foods, if not why?

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7. Do you drink nutritious drinks, if not why?

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8. If you work at a desk, do you get up and move, if not why?

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9. Our bodies love quiet. Do you have quiet time, if not why?

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10. Our bodies love nature. Do you spend any time in nature, if not why?

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11. Do you keep your body, clothes, house and room clean, if not why?

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12. When you start to feel a little sick, do you pay attention as to why you are sick, if not why?

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13. Our bodies love happiness. Do you make sure to feed it uplifting and positive news, films, books and videos, if not why?

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# Exercise 4

## Spirit

Maintaining a healthy spirit is not an outside job; it comes from our own thought forms. Because there is so much we cannot control outside of ourselves, many times we end up feeling helpless and vulnerable. In turn, that helplessness creates stress inside of ourselves. We worry, and worry, when not directed properly can instigate sickness, depression and feelings of lack. In truth, worry costs a lot and accomplishes very little if not handled accurately.

We live in a world where we are exposed to many challenging events and an enormous amount of fervor. As a result, keeping our spirit alive is one of the most difficult things to achieve. Even when we grasp it, it can disappear in a heartbeat. It takes concentration, discipline and devotion, not to another, but to ourselves to protect our soul and our spirit.

The keys to fulfilling our spirit is not avoidance or denial. It is quite the opposite. It comes from directness and truth. The ugliest truth is better than the most beautiful lie. Harmony won by compromising truth is always short-lived.

There are four basic rules that keep our spirit thriving:

### Acceptance

Accepting the things we cannot change or manifest.

This is masterful.

### Non-Attachment

Knowing not to be attached to outcome.

This is genius.

### Faith

Believing there is a bigger plan and there is more in the unseen than the seen.

This is enlightenment.

### Serenity

Understanding that we need to respond to challenges, not react to them.

This is stellar.

# Acceptance

## Meaning of Acceptance:

*agreeable, understanding as valid, welcomed, believed*

1. Whom do you not accept as they are and state if you believe they want to change? Make a list.

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2. If not, can you accept the reality of the person and if not, how can you change that for yourself?

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3. What can you not accept in your life? Make a list.

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4. Do you believe you can change this for yourself? If so, how?

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5. If you cannot change it, how and what can you change to better accept it?

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# Non-Attachment

## Meaning of Non-Attachment:

*not to make fast to something, not to hold great importance to the outcome, not to feel something or someone belongs to us, not to be affixed.*

1. Where or to whom do you feel the most attached and why?

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2. Do you feel you can detach and if not why?

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3. Do you understand the freedom of non-attachment? If not, why?

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4. Make a list of all circumstances in your life where you want to detach and then make a plan of action to make this happen.

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# Faith

## Meaning of Faith:

*belief without evidence, confidence in the outcome, credence, honorable intentions*

1. Where do you lack faith and why?

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2. How can you change this?

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3. Where do you have the most faith?

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4. Whom do you have the least faith in and why?

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5. Whom do you have the most faith in and why?

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# Serenity Wisdoms

Read the 40 wisdoms below and pick the 5 that are the hardest for you and why. Then pick the 5 that you want to work on the most and how you will do this.

1. To be **serene** – one must be clean.
2. Seek **serenity** at all times.
3. Sobriety is our greatest achievement.
4. **Serenity** is staying calm amidst calamity.
5. Our soul stays in park when our ego drives us.
6. When in doubt – stay quiet.
7. Humility and humbleness are our heart's best friends.
8. Our **serenity** attracts others of like mindedness.
9. Protecting our soul is crucial, as it lasts for infinity.
10. Seeking trouble births a troubled mind.
11. Misfortune cannot be avoided – therefore let us count our blessings.
12. Lost and found is better than lost.
13. Detachment is the key to a life of **serenity**.
14. Discipline is one the greatest wisdoms.
15. There are things to be accomplished and situations to be avoided in order to have a **serene** life.
16. It is not what we do but how we do it that makes for a life of **serenity**.
17. Every thought starts an action – so let us watch what direction our mind travels to.
18. **Serenity** is the master-mind of positive action.
19. Sobriety creates a better society.

20. It is easier to keep our sobriety than to try and reclaim it.
21. Feeling safe is the foundation of feeling **serene**.
22. Being rich is.....funding our **serenity**.
23. CIA – calmness in action – now that’s warriorship!
24. **Serenity** cannot be felt if forgiveness is not found.
25. Hope breeds **serenity**.
26. Find the hope for someone who lost it.
27. Only the calm can find the proper solutions.
28. Being one with our higher power is the only way to feel really high.
29. Gratitude is the attitude that creates **serenity** in magnitude.
30. The purpose of life is to find our purpose.
31. Promises broken create wounds.
32. **Serenity** cannot exist in lies.
33. Only truth can set us free.
34. Focus on good memories - forget the bad ones.
35. **Serenity** is knowing no challenge can be overcome without feeling challenged.
36. Feelings are our greatest teachers and better yet, our greatest wisdom.
37. One cannot recognize another’s heart without recognizing their own.
38. The road to **serenity** is paved with our human nature melding with our heavenly nature.
39. One who embraces differences erases many wounds.
40. To be or not to be.....now that’s a big decision!

1. What 5 wisdoms are the hardest for you and why?

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2. What 5 wisdoms do you want to work on the most and how will you do this?

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# Exercise 5

## Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

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2. Which exercise did you like the best and why?

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# How to Empower Your Higher Self

Focus primarily on cultivating ourselves and refining our own character.

Follow ONLY what is right, if uncertain – question and study.

Pride results in decrease, humility results in increase.

Always acknowledge personal faults.

Maintain inner virtue, inner virtue including thoughts.

Persevere in giving and balancing the scales of injustice.

Plants and Animals are, more than ever, very important now.

Never harbor guilt within, just correct mistakes as best as possible.

Be thorough in good conduct.

See honesty and trustworthiness as the main goal in life.

Educate others by setting the right example.

Do not promise lightly.

Never tire of pursuing personal actualization.

Focus on what is deep and abandon what is shallow.

Develop a strong heart with benevolence, humanitarianism, justice and kindness.

When doing good, do not expect anything in return.

Do not ignore divine messages.

Include spiritual practices in daily life.

Do not deceive - be devoted to sincerity.

One should rightfully defend oneself.

Know that health and sobriety walk hand in hand.